

ENGLISH



FALKENSTEINER

Hotel & Spa
Carinzia ^{****}

ACQUAPURA
SPA 

*Massages,
Beauty & Baths*

carinzia.falkensteiner.com





OVERVIEW

ACQUAPURA SPA Exclusive wellness at Falkensteiner	4	ACQUAPURA SIGNATURE FLOW	20
THE ACQUAPURA PRINCIPLE Rediscover yourself	6	BODY TREATMENTS Deep relaxation	22
SPACE FOR YOUR WELLBEING Beauty & vitality range	8	CLASSIC MESSAGES Vitality for body & soul	24
PRIVATE SPA SUITE For loving couples	10	HOLISTIC MESSAGES For special wishes	26
4 SEASONS SPA PACKAGES The perfect package for every season	12	PHYTOMER BODY TREATMENTS	30
COSMETICS All-round beauty	14	PHYTOMER FACIAL TREATMENTS	32
BABOR ANTI-AGING	16	SPA ETIQUETTE To ensure that you enjoy your time with us	34
BEAUTY À LA CARTE Personalised beauty treatments	19		



Exclusive wellness at Falkensteiner

"ACQUA PURA" MEANS "PURE WATER"

Water plays a central role in the Acquapura SPA wellness concept at Falkensteiner Hotels & Residences. Water is the elixir of life with untold capabilities. It stimulates blood circulation, activates the metabolism, and enhances overall wellbeing.






Large bodies of water, inspiring sauna areas, a wide array of treatments and many more

features of the Acquapura SPA promote relaxation, enjoyment, happiness, health, and vitality.

Only if our cells are optimally supplied with water, nutrients, and oxygen do we feel energetic and healthy. Our biorhythm also regulates our physical performance. It is our inner clock that determines whether we are awake or asleep, tired or active. These phases are reflected not only in the course of the day, but also in the four seasons.



Our wellness treatments are adjusted to these natural processes, and can help find your biorhythm:

-  *energizing and vitalising*
-  *nurturing*
-  *calming and relaxing*
-  *balancing and harmonizing*
-  *clear and clean*

ACQUAPURA
SPA 

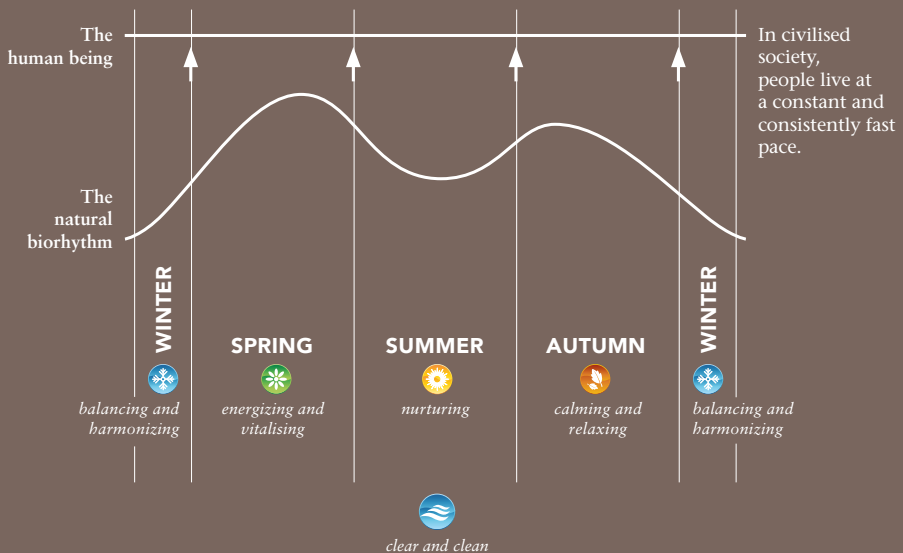


THE ACQUAPURA PRINCIPLE

REDISCOVER *yourself!*

Modern people have forgotten how to live in harmony with nature. However, just like the natural change of seasons, the human biorhythm is governed by the ups and downs of nature. The challenges of our daily lives have no regard for that. But we cannot struggle against it on a long-term basis.

The consequences are stress, fatigue and general discomfort. We can help you rediscover yourself by finding your rhythmical balance. You decide whether you would like to revitalise, cultivate, relax, or recharge. We will gladly advise you on how to plan your own individual wellness programme.



This is the Acquapura symbol that means »pure water«.

SPACE FOR YOUR WELLBEING

Our beauty & vitality range for you.
“Because I deserve it!“ Do your body and soul a great deal of good.

ACQUAPURA SPA

- Generous water landscape with indoor and heated outdoor pool with 30 °C, senses pool, outdoor Jacuzzi, children’s pool
- Sauna area with finnish panorama sauna, Gailtaler sanarium, steam bath, infrared sauna, ice fountain, cold water channel, Kneipp hydroopathic pool
- Two Private Spa’s
- Saunashop with a variety of natural oils
- Relaxation room with water beds
- Cardio fitness room and gym
- Meditation room
- Solarium

SAUNA INFUSIONS

Our guided sauna special infusions are an experience for himself and for sauna lovers an absolute highlight. In our steam bath you enjoy daily soothing scrubs for body and soul and in our panorama sauna our sauna master will make you sweat with varied guided infusions.



FOR LOVING

couples!

PRIVATE SPA SUITE

Our exclusive spa suites are a very special treat for couples. Here you'll find a private steam bath, a cosy water bed and soothing heated hamam loungers for massages.



PRIVATE SPA "SERAIL BATH"

per person

90 mins. **€ 97**

To begin your treatment, our therapists will apply a high-quality fango pack to your body, which will then take full effect in the steam bath. Rest after this on a water bed and then finish up with a pleasant, relaxing massage with scented massage oils.

- Fango wrap
- Steam bath
- Aromatic oil massage (30 mins. p.p.)



PRIVATE SPA
"CARINTHIAN ALPS"

per person 120 mins. **€ 127**

The treatment begins with a herbal full body scrub. This is followed by a soothing herbal pack that takes effect as you recline in the steam bath. You then relax on a water bed before the treatment is completed with a relaxing body massage.

- Oil and salt scrub with Carinthian herbs
- Herbal pack
- Steam bath
- Full body relaxation massage (30 mins. p.p.)



PRIVATE SPA
"BELEZA DO BRASIL"

per person 120 mins. **€ 127**

The treatment begins with a full-body oil and salt scrub, followed by an intensive moisturizing and soothing pack. You then relax on a water bed before enjoying a revitalising full body relaxation massage.

- Oil and salt scrub
- Intensive moisturising and soothing pack
- Steam bath
- Revitalising full-body relaxation massage (30 mins. p.p.)



4 SEASONS SPA PACKAGES



ENERGY BOOST 90 mins. € 110

1. Fresh-up facial treatment
2. Energizing shoulder, neck, and head massage

Energy boost – a powerful combination. Individually mixed for your face and body!



A MATTER OF SKIN 95 mins. € 120

1. Refreshing, nourishing body peeling with body care
2. Intensive facial treatment
3. Pure nurture for the eyes

A Matter of Skin, your protection package providing care and balance for your skin – an all-round deeply effective package!



TIME-OUT 75 mins. € 97

1. Relaxation bath
2. Honey oil massage

Time-out – natural relaxation for the body, muscles, and your senses!



WARM-HEARTEDNESS 75 mins. € 98

1. Hot aroma pack
2. Acquapura aromatic candle massage

Warm-heartedness – the inner harmony will warm you up blissfully. Enjoy pure silence and soothing warmth!

COSMETICS

50 mins. of well-being: skin analysis, cleansing, peeling, optional focus on deep cleansing or care with an active-ingredient concentrate, massage, mask, hand massage and finishing treatment



ACQUAPURA BELLA DONNA

Classical facial treatment 50 mins. € 60

Deluxe incl. foot massage
during the face mask 80 mins. € 90

The ultimate gift for your skin.
Threefold cleaning and facial massage
with different masks and ampuls

80 mins. of well-being: skin analysis, cleansing, peeling, shaping of eyebrows, deep cleansing, active-ingredient concentrate, thorough face/neck and décolleté massage, mask, hand or foot massage and individual finishing treatment



EYE CATCHER EYE TREATMENT

25 mins. € 30

The sensitive eye area is in the focus of the Eyecatcher treatment, which includes shaping of eyebrows, application of an individual active ingredient concentrate, massage and a special eye mask. Dazzlingly beautiful eyes as the eye-catcher of your face!



BABOR ANTI AGING AMPOULES CRASH KUR 50 mins. € 68

- Cleansing and peeling
- 4 moisturising ampoules: Collagen Buster, multivitamin, 3D Lifting and O₂ Energising
- Individual mask
- facial massage
- Finishing treatment



ACQUAPURA MAN'S OPTION FACIAL TREATMENT FOR MEN 50 mins. € 60

Everything a man needs. Innovative blends of active ingredients contain the power of the natural world and supply your skin with new energy and dynamic radiance. Acquapura Man's Option – new energy, pure vitality!





A NEW DIMENSION IN ANTI-AGING

Babor HSR® lifting is a luxurious anti-wrinkle treatment for damaged skin. It combats the three main causes of wrinkles: The loss of substance and elasticity, the slowing down of metabolic activity in the tissue, and the hardening of the dermal matrix. A perfect combination of five high-performance active

ingredients is used to treat a wide range of wrinkles and loss of skin elasticity. This innovative, precise care with an immediate tightening effect leaves you with a visually smoother, more elastic, and more youthful complexion.



BABOR HSR LIFTING ANTI AGING

FACIAL TREATMENT 25 mins. **€ 75**
80 min **€ 105**

HSR – A New Dimension in lifting and anti-aging.
Provides skin tone, smoothness and elasticity with high quality substances.





BEAUTY *à la carte*



MANICURE

CLASSIC 40 mins. € 45
with nail polish 50 mins. € 55

Nail trimming and forming, cuticle care, finishing peeling with massage

IN THE BLINK OF AN EYE

EYEBROW SHAPING 10 mins. € 10
EYEBROW TINTING 10 mins. € 10
EYELASH TINTING 10 mins. € 10



PEDICURE

CLASSIC 45 mins. € 50
with nail polish 55 mins. € 60

Scarf-skin removal, nail trimming and forming, treatment for corn, finishing treatment with soft massage

HAIR REMOVAL

LOWER LEG € 30
LEGS COMPLETE € 50
BIKINI € 20
ARMPITS € 20
UPPER LIP € 10



ACQUAPURA SIGNATURE FLOW

Through selected treatments at our Acquapura SPAs we help you find your own personal balance and well-being. For this purpose our Acquapura SPA experts, in cooperation with PINO specialists, have developed a very special ceremony: A highly effective treatment

of the fasciae, packaged in a special wellness ritual. This holistic body treatment serves to maintain health and optimize body performance and is especially effective in providing relief for chronic musculoskeletal pain.



ACQUAPURA SIGNATURE FLOW

60 mins. € 89

Our ritual begins with an agility check, and then we start the treatment of your fasciae. These fine connective tissue fibres – the fasciae – enclose and separate all muscles and organs. Through bad posture and over-exertion, but also through a lack of exercise, these elastic fibres can get twisted and stuck together and become increasingly strained. You may feel stressed and unable to find inner peace. For a long time, massages focussed exclusively on the muscular system, but it has now been discovered that relaxed fasciae create balance and vigour in our bodies.

Through sensitive treatment of the tissue we will relieve your tension, you will notice an increase in agility and feel unburdened and regenerated in body and mind. This is a slow and intensive treatment that goes into the deeper layers of muscles and connective tissues. At the end of the ritual we carry out another agility check in order to demonstrate the effects of the changes. You can retain the effects of the treatment for a long time with just a few simple exercises, which we will pass along to you.

Let us help you gain a totally new awareness of your body through this modern, holistic, wellness ritual!

BODY TREATMENTS



SOURCE OF RELAXATION BATH

for 1 person 25 mins. **€ 37**
for 2 persons 50 mins. **€ 60**

Warm water and various bath additives will ensure muscle relaxation with a deep effect. Source of Relaxation – simply relax and forget everyday life!



CLEOPATRA BATH

for 1 person 25 mins. **€ 37**
for 2 persons 50 mins. **€ 60**

A beauty bath with honey and milk spoils all your senses, in addition we serve to you sparkling wine.



FINAL TOUCH PEELING

20 mins. **€ 30**

First, you will choose your own final touch as a product, and then we'll give you purity and freshness down to your tiptoes!



CLOUD NINE PACK

30 mins. **€ 39**

After carefully applying the individual pack, it will take a deep effect, while your body relaxes in a warm and comfortable water bed.

Choose your pack:

- Aromatic care
- Intensive vitamin care
- Pure toning





CLASSIC MASSAGES



ACQUAPURA CLASSIC MASSAGE

Partial body massage
(Back-shoulder-neck) 25 mins. € 35
Full body massage 50 mins. € 60

In the available treatment times, we work with various massage techniques, using your chosen aromatic oil, working entirely individually on your focal points. Acquapura Body Cult – for sportspersons, relaxation seekers, and targeted muscle relaxation!



ACQUAPURA AROMATIC CANDLE MASSAGE

Partial body massage 25 mins. € 37
Full body massage 50 mins. € 67

Aromas have a variety of effects on our nervous and muscular system – they can be activating, balancing or calming. At first, you will choose the desired aromatic candle, according to your sense of wellbeing. The warm beeswax massage with floating massage grips will accompany you into a deep and healing calmness. Acquapura Aroma – fantastically warming!



4-HAND MASSAGE 50 mins. € 110

Our 4-hand massage is a type of Massage, where two masseuses working at the same time. Here you are massaged synchronically by four hands. An unforgettable royal experience, with which the feeling becomes blurred for time and space and relaxation comes



PAUSE FOR THOUGHT HEAD, SHOULDER AND NECK MASSAGE 50 mins. € 55

Releasing, relaxing and opening techniques free the head and relax the neck. Pause for Thought – totally light and free!



ACQUAPURA COMBINED MASSAGE 50 mins. € 58

Partial body massage & foot reflex zone massage



GOLF PLAYERS MASSAGE 50 mins. € 65

A specially developed massage for golfers with selected ethereal oils. The object of the therapy is to loosen the musculature – for more concentration and Foresight with the next tee.



HOLISTIC MASSAGE



EVERYTHING IN BALANCE

DORN & BREUSS TREATMENT

50 mins. € 68 / 80mins. € 110

This gentle treatment for the spine and joints provides support when you feel a little out of balance. Gentle thumb pressure is applied in conjunction with pendulum-like movements to correctly realign displaced vertebrae or joints. The Breuss massage with calming St John's wort oil, either on its own or in conjunction with Dorn therapy, stretches the spine and promotes muscle regeneration. Everything in balance – a real treat!

50 mins. of well-being: Breuss massage

80 mins. of well-being: Dorn & Breuss



ENERGY SOURCE

FOOT REFLEX ZONE MASSAGE

25mins. € 35

Your feet know you! Stimulating the foot reflex zones has a positive effect on the organs, nervous system, hormones, spine, and joints. Tired feet are refreshed and warmed. Energy Source – sustainable, extensive and delightful!



LYMPH DRAINAGE

Individual

Partial body massage

25mins. € 30

Rhythmical, flowing massage techniques are used to activate the lymph flow and switch your nervous system into relaxed mode. Gentle massaging motions promote deep relaxation. Swellings are reduced and heavy legs are revitalised. Everything flows – with a fantastic effect!



BODY SAFARI – KHANJA

ENERGY BALANCE

BODY

50 mins. **€ 68**

Just lie back and relax while your skin is revitalised, strengthened and smoothed. The treatment starts with a luxury scrub followed by full body relaxation massage.



LOMI LOMI

WORLDS OF
RELAXATION

50 mins. **€ 78**

80 mins. **€ 105**

Lomi Lomi, also known as a Hawaiian temple massage, has a long tradition. Specially designed music and oils combined with gentle pressure techniques, caressing motions and stretches allow you to drift off into a state of deep relaxation. Worlds of relaxation are yearning to be explored!

4 hand massage Lomi Lomi
with 2 therapists 50 mins. **€ 146**

Bookable min. 2 days before treatment

DEEP RELAXATION

WITH SINGING BOWLS 50 mins. **€ 65**

The unique sound of a singing bowl is calming and sustaining. Singing bowls help the body to find balance and activate its self healing powers.



FALKENSTEINER

HOT STONE MASSAGE 75 mins. **€ 98**

Natural basalt stones, penetrating warmth, and gentle massage techniques result in a deep relaxation that will make you close your eyes and rest. Falkensteiner – the grounding power of stones ... perfectly palpable!



NATURAL TALENT

HERBAL STAMP
MASSAGE

50 mins. **€ 68**

Warm herbs wrapped in linen are used to tap, caress, and perform circular movements. The aim is to stimulate blood circulation, have a positive effect on the immune system, and invite you to take a deep breath and recharge. Natural talent – naturally healthy and nurturing!



**GOLGI-PAIN
POINT THERAPY**

60 mins. **€ 75**

The Golgi pain therapy is a manual method of treatment with their help many pain states can be treated and muscle spannings can be regulated by adjusted pressure points





PHYTOMER

BODY TREATMENTS



SCULPT ZONE

Slimming treatment for legs, bums, and tums
Exfoliating massage wrap 60 min **€ 75**

A gentle marine scrub provides soothing relaxation and leaves the skin feeling velvety soft. The warming, shaping wrap can “melt” away unsightly flab, resulting in less visible cellulite and smoother problem areas.



SEA HOLISTIC

Relaxation & regeneration treatment
using lavender stamps 70min **€ 90**

Total relaxation and regeneration from a full-body sea salt scrub, complete with toning essences and sea salt crystals that are massaged into the body using warm lavender stamps. This treatment ensures absolute wellbeing and smooth skin that is left feeling supple and tender.



MORPHO DESIGNER

Slimming treatment for perfect body contours 60 min **€ 75**

Slimming, firmness, skin quality. A soothing exfoliating scrub leaves your dream silhouette feeling refined, toned, and remodelled. The skin is restored to its perfect radiant state.



JAMBES LÉGÈRES

Cooling leg & vein treatment 35min **€ 45**

A remineralising sea scrub promotes better blood circulation and leaves the skin feeling pleasantly refreshed. The cooling leg and vein treatment provides relief during pregnancy or for those with a tendency for swollen and heavy legs and blood circulation problems.

PHYTOMER

FACIAL TREATMENTS



PIONNIER RÉVÉLATEUR DE JEUNESSE

The PREMIUM anti-aging treatment for face, lips and décolleté 75 min **€ 105**

This high-performance treatment gives you youthful, firm, and radiant skin. This special form of facial modelling is the perfect way to enhance the effect of the products.



CITADINE FRAÎCHEUR DE PEAU ANTI-POLLUTION

Refreshing skin care designed to protect against environmental pollution 60 min **€ 78**

Protects the skin from damage caused by urban pollution and prevents dehydration, signs of fatigue, dark spots, and a dull complexion. Enhances breathing and nourishes the skin with minerals and trace elements.



HYDRA BLUE

Refreshing, detoxifying moisturising treatment 60 min **€ 75**

An optimal combination designed to detoxify the skin, enrich it with oxygen, and simultaneously replenish and nourish your skin's water levels using Weaving Algae. The skin is moisturised and toned, leaving it velvety soft and supple.



The background image shows a modern spa interior with a wooden slat wall, stone pillars, and a stone floor. The title "Spa Etiquette" is written in a white, elegant cursive font across the middle of the image.

Spa Etiquette

BOOK A TREATMENT

To arrange your selected treatment, we recommend making a booking at our SPA reception prior to arrival. Tel. +43/(0)4285/72000-620 or mail spa.carinzia@falkensteiner.com. You will receive your booking confirmation directly upon arrival at our hotel.

TIME FOR YOURSELF

In accordance with our Acquapura SPA philosophy, we would like to invite you to our SPA reception about 10 minutes before your treatment to get into the right mood for the treatment, for instance with a soothing cup of tea. If you arrive late, the treatment will be shortened accordingly, out of respect for subsequent guests.

CLOTHING

Please come to the treatment wearing a bathrobe. To protect your privacy, we provide a disposable slip for every treatment and work with various covering techniques. For some treatments, you can also wear comfortable clothes. We will be happy to provide you with information about this.

SAUNA TOWELS

The sauna towels can be changed at the SPA reception, max. 4 pieces per person/day.

VALUABLES

We recommend that you do not bring any jewellery to your treatment. For your own peace of mind, please secure any valuables in your room safe. We accept no liability for any lost valuables.

HEALTH LIMITATIONS

Should illness, ailments or pregnancy be known or if you are in medical treatment, please inform us while booking your appointment, because not all treatments are suitable for it.

TO NOTE AFTER EACH TREATMENT

We recommend you to avoid activities after every treatment and to allow yourselves an at least 30 minute postrest. Please, take also after every treatment enough liquid to yourselves.



CANCELLATION

Please note that in the case of cancellation, you must inform the Spa reception at least 12 hours before the treatment. Later cancellations will be charged in full.

POOL / SAUNA AREA

In the pool area, bathing suits are required. In the sauna area, please do not wear any clothing, for hygienic reasons. The pool area is also a family area. Nevertheless, please be considerate of other guests seeking rest. To ensure that you and all other guests have an enjoyable stay, we ask that you do not reserve loungers with towels, bags or other items.

ACQUAPURA SPA ATMOSPHERE

To ensure that all guests can enjoy their stay, the Acquapura SPA is a non-smoking area. Please also turn off your mobile phone.

VOUCHER

The ideal gift – adjusted individually or specifically for one treatment. Be it for your partner, friends or family – the time to rediscover oneself feels really good. For information about our Acquapura SPA vouchers, please ask at our SPA reception.

PAYMENT

The management reserves the right to make any changes to treatments, prices and opening hours. Valid from september 2016. All prices include any taxes. The publication of this brochure invalidates any previous prices. Misprints and errors are excepted.

CONTACT SPA RECEPTION:

Tel. +43/(0)4285/72 000 (internal tel. no. 620)
spa.carinzia@falkensteiner.com

FALKENSTEINER

HOTEL & SPA CARINZIA ****

A-9631 Jenig, Tröpolach 156
reservierung.carinzia@falkensteiner.com
carinzia.falkensteiner.com

WELCOME HOME!



www.falckensteiner.com